

Dance Practice Blueprint

Date/Time

Length of Practice

Minutes

To Do

Comments & Notes

5

Review Previous Notes

So you know what to work on next.

5

Create Task List

Enter in boxes below. See suggested list if you're drawing a blank.

3

Warmup

Skip if you've been recently active.

30

Task 1 (solo)

5

Break

30

Task 2

5

Break

30

Task 3

5

Take Notes

7

Stretch

Suggested: Quads, calves, psoas, hamstrings, chest, forearms, lats.

Insights

*Aha! moments,
things to remember*

Questions & Problems

*Anything
unresolved*

Possible Solutions

*Exercises, people to
ask, etc.*